

**1. Do a self-guided walking tour**. Bring your family and friends or work mates on a trip around the community—which could easily cover a couple kilometers. Check out <http://heritageyukon.ca/our-heritage/self-guided-walking-tours> to download audio files for your ipod/ device. (**2,000 steps**)

**2. Take the five-minute walk** with your kids to the bus stop (or to school if you’re close) instead of driving them. Then walk to pick them up after school. (**2,000 steps**)

**3.** **Vacuum your house** for 20 minutes, moving around as much as possible. (**2,000 steps**)

**4.** Enjoy a 10-minute **walk after lunch** or dinner each day. Bonus: Walking after a meal helps improve digestion. (**1,000 steps**)

**5.** For every 45 minutes you spend at your computer, **go for a five-minute walk** around your office or neighborhood. (**500 steps**)

**6.** Need to take a personal call at work or dial a friend at home? Go outside and **walk as you talk** for 10 minutes. (**1,000 steps**)

**7.** While grocery shopping, leave your cart or basket **at the** **end of each aisle**, walk to get your items, then walk back. (**1,000 steps**)

**8.** **Plan a family outing** to a local attraction where walking is the main activity, like the Yukon Wildlife Preserve. (**4,000 steps**)

**9.** Before you shop, **walk the perimeter** on the inside of the store twice. (**1,000 steps**)

**10.** During your kids’ 45-minute soccer practice, **walk around the outside of the field** for at least half the time. (**2,000 steps**)

**11.** **Take your pup for a 20-minute stroll**. Don’t have a dog? Ask a friend or the Mae Bachur Shelter if you can walk a dog. (**2,000 steps**)

**12.** **Before you hop in the car** to run an errand, assess whether you could be walking instead. A kilometer to your destination and another kilometer home is an achievable distance to walk, and you’d save some gas, too. (**4,000 steps**)

**13.** Set your alarm clock 15 to 20 minutes earlier and use that extra time to **loop around your neighborhood** before heading to work (**1,500-2,000 steps**)

**14.** Instead of meeting your best friend for coffee, **go for a walk in the woods**. (**3,000 steps**)

**15.** Ditch the drive-through and **walk into the coffee shop**—which probably will take you 30 seconds each way—to get your caffeine fix. (**100 steps**)

**16.**After you’ve finished grocery shopping, skip the parking-lot cart return and spend a minute **walking the shopping cart** all the way back to the front of the store. (**100 steps**)

**17.**Whenever you have to wait—like at the bus stop or airport—**pace** for at least three minutes. (**300-400 steps**)

**18.** Rather than carrying three grocery bags from the car into your house at once, take bags in **one at a time**, for a total of a minute. (**100 steps**)

**19.** **Sip from a small coffee cup** so you walk that 15 seconds to the coffeepot more frequently. Refill three times during the day. (**150 steps**)

**20.**Every night before bed, **walk around your house and clean up** for five minutes, placing pillows on the couch and putting away shoes. (**250 steps**)